



DISTRICT OF COLUMBIA PUBLIC SCHOOLS

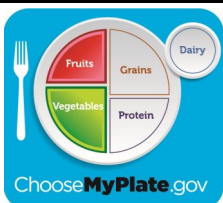
Did you know—If you see a menu item in **green**, it's **local**, if you see it in **blue**, the meal has **international influence** and if you see it in **orange** it is a **Fresh Feature Friday** winner!



NOVEMBER FRESH BAR MENU



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Side Caesar Salad Fresh Local Pear	2 Baby Carrot Fresh Cantaloupe Wedge	3 Celery Sticks Fresh Orange Wedges	4 Parent Teacher Conference Day No School
7 Cucumber Coins Fresh Banana	8 Side Caesar Salad Fresh Local Pear	9 Baby Carrot Fresh Cantaloupe Wedge	10 Celery Sticks Fresh Orange Wedges	11 Veterans Day No School
14 Cucumber Coins Fresh Banana	15 Side Caesar Salad Fresh Local Pear	16 Baby Carrot Fresh Cantaloupe Wedge	17 Celery Sticks Fresh Orange Wedges	18 Broccoli Florets Fresh Local Apple
21 Cucumber Coins Fresh Banana	22 Side Caesar Salad Fresh Local Pear	23 Baby Carrot Fresh Cantaloupe Wedge	24 Thanksgiving Day No School	25 Thanksgiving Break No School
28 Cucumber Coins Fresh Banana	29 Side Caesar Salad Fresh Local Pear	30 Baby Carrot Fresh Cantaloupe Wedge		



Fill Up on Fruits & Veggies!

Did you know that half of your plate should be filled with fruits and vegetables? Now you can use the Fresh Bar to fill up your plates with fun! Each day you can choose from different color fruits and veggies. There are 5 color groups to choose from: **blue/purple**, **green**, **white**, **yellow/orange**, and **red**. **Can you eat all 5?**